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### سِيْ مِلْلَهِ ٱلرَّحْمَٰزِ ٱلرَّحِي مِ

# Hamal Ke Dauran Wazeefey Ka Hukm

#### sawal:

Hamarey yahan kuch aurtein hamal ke dauran surah Yusuf aur surah Maryam wagairah ki tilawat karti hain, mera sawal ye hai ke kya shariyat mein hamal ke dauraan (period mein) kisi wazeefey ka suboot milta hai?

## Jawas:

Hamal mukammal taur se takleef ka naam hai, hamila aurat ko is halat me bohot zada mushkilaat aur pareshaaniyon ka saamna karna padta hai, khaas taur se starting ke teen mahino mein. Jaisey jaisey hamal badhta hai museebat mein izafa hota chala jata hai, aur jab zachgi ka aalam hota hai toh us aalam ki takleef ka mardon ko taswwur nhi ho sakta. Iska andaza wahi kar sakti hai jo is halat se guzarti hai.

Quraan ne Iska zikr is tarha kiya hai:

**Tarjuma**: Hum ne insaan ko uskey maa baap ke mutalliq naseehat ki hai, uski maa ne dukh par dukh utha ke usey hamal me rakha.

(Surah Luqman, Surah No: 31 Ayat No:14)

Doosri jagah is takleef ka zikr is andaaz me hai:

وَوَصَّيْنَا الْإِنْسَانَ بِوَالِدَيْهِ إِحْسَانًا حَمَلَتْهُ أُمُّهُ كُرْهًا وَوَضَعَتْهُ كُرْهًا وَوَصَلَهُ وَفِصَالُهُ وَفِصَالُهُ وَفِصَالُهُ وَفِصَالُهُ وَفِصَالُهُ وَفِصَالُهُ وَفِصَالُهُ وَفِصَالُهُ وَفِصَالُهُ وَفِي اللّهُ وَفِي صَالّهُ وَفِي مَا اللّهُ وَفِي مَا اللّهُ وَاللّهُ وَفَي مَا اللّهُ وَقَلْمَ اللّهُ وَاللّهُ وَلَا اللّهُ وَاللّهُ اللّهُ وَاللّهُ وَاللّ

**Tarjuma**: Aur hum ne insaan ko apne maa baap ke saath husn e sulook karney ka hukm diya hai, uski maa ne takleef jhel kar usey pet me rakha aur takleef bardasht kar ke usey jana. Uskey hamal ka aur doodh chudaney ka zamana tees (30) mahiney ka hai.

(Surah Al-Ahqaaf, Surah No: 46 Ayat No:15)

Qurani Aayaat se wazeh hota hai ke hamal takleef-dar-takleef ka naam hai. Isi wajah se maa ka darja uncha ho jata hai.

Yahan sawal ye paida hota hai ke Islam ne Itni takleef'deh halat e hamal ke liye koi makhsoos dua ya koi makhsoos amal bataya hai?

Toh Iska jawab ye hai ke Islam mein takleef ke waqt ke liye kai duayen maujood hain, magar hamal ke liye koi khaas zikr, koi khaas dua, koi khaas wazeefa, aur koi khaas amal nahi batlaya gaya hai. Takleef ki halat me hamila (pregnant) aurat bagair takhsees kiye zikr o azkaar, tilawat e Quran, dua aur isteghfar wagera kar sakti hai.

## MUSEEBAT AUR BE'CHAINI KE WAQT KI KUCH DUAYEIN:

(1) اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ، اللَّهُمَّ أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي دِينِي وَدُنْيَايَ وَأَهْلِي وَمَالِي، اللَّهُمَّ اسْتُرْ عَوْرَاتِي، وَآمِنْ رَوْعَاتِي، وَاحْفَظْنِي مِنْ بَيْنِ يَدَيَّ، وَمِنْ خَلْفِي، وَعَنْ يَمِينِي، وَعَنْ شِمَالِي، وَمِنْ فَوْقِي، وَأَعُوذُ بِكَ أَنْ أُغْتَالَ مِنْ تَحْتِي

*Tarjuma:* Ya Allah! Beshak mein tujh se duniya aur akhirat mein maafi aur aafiyat ka sawal karta hon. Ya Allah! beshak mein tujh se maafi ka aur deen o duniya mein ahl o ayaal aur maal asbaab

mein aafiyat ka sawal karta hon. Ya Allah! Merey aibon par parda daal dey aur meri pareshaniyon se mujhey aman day. Aur meri hifazat farma merey samnay se, mere peechay se, meri dayen taraf se, meri bayen taraf se aur mere upar se, aur mein is baat se bhi teri panah mein aata hun ke mujhey neechay se achanak pakar liya jaye.

(Ibn e Majah: 3871)

(2) Hazrat Abdullah bin Abbas Radhiallahu Anhuma se riwayat hai ke, RasoolAllah Sallallahu Alaihi Wasallam pareshaani ki halat mein ye kalimat dohratey they:

**Tarjuma:** Sahib e azmat aur burdbaar ke siwa koi ma'bood e barhaq nahi, Allah ke siwa koi ma'bood e barhaq nahi jo arsh e azeem ka Rab hai, Allah ke siwa koi mabood e barhaq nahi jo aasmaano aur zameenon ka Rab hai arsh e kareem ka Rab hai. (Sahih Bukhari: 6346, Sahih Muslim: 2730)

(3) Hazrat Abu Bakrah Radhiallahu Anhu se riwayat hai ke, RasoolAllah Sallallahu Alaihi Wasallam ne irshaad farmaya: Preshaan haal ke liye yeh dua hai:

**Tarjuma:** Aye Allah! Main teri hi rehmat ki ummeed karta hun, tu mujhey lamha bhar (palak jhapakney tak) ke liye bhi mere nafs ke hawaaley na kar, merey saarey mu'aamlaat durust farma de, tere alawah koi sachcha ma'bood nahi hai. (Abu Dawud: 5090)

\* Allama Albani Rahimahullah ne "sahih al Jami': 3388" mein isko sahih kaha hai.

**Tarjuma:** Tere alawah koi sachcha ma'bood nahi, tu paak hai, yaqeenan mai hi zaalimon mein se hun.

(Tirmidhi: 3505)

\* Allama Albani Rahimahullah ne "Sahih al Targheeb: 1826" mein isko sahih kaha hai.

**Tarjuma:** Allah Allah mera Rab hai, main uskey saath kisi chiz ko bhi shareek nahi karta.

(Ibn e Majah: 3882)

\*Allama Albani Rahimahullah ne is Hadees ko sahih kaha hai.

(6) Rasool e Akram Sallallahu Alaihi Wasallam ne farmaya: Agar kisi bande ko koi museebat pahunchey aur wo ye alfaaz kahey to Allah Taala usey uski museebat ka ajr deta hai aur usey uska behtar badal ata kar farmata hai.

**Tavjuma:** Yaqeenan hum Allah hi ki milkiyat hain aur usi ki taraf laut kar jaaney waley hain, Aye Allah! mujhey meri is museebat ka ajr dey aur mujhey iska behtar badal ata farma. (sahih Muslim: 918)

(7) حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ

*Tarjuma:* Humarey liye Allah kaafi hai aur wo bohot achcha kaar saaz hai.

(Sahih Bukhari: Kitab ul Tafseer)

Allah Taala har maa ko is dauran sabr e jameel ki quwwat dey. Aur aulaad ko walidain ke sath husn e suluk ki taufeeq ata farma.

Aameen.

Note: Isey khudh bhi padhey aur dooosron ko bhishare karey. Mazeed Deeni masail, jadeed mouzuaat aur fiqhi sawalat ki jaankari keliye visit kare



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